



Conscious Life presents
**TRAUMA
SUPER CONFERENCE**

Conscious relationships for healing

Guest: Sheleana Aiyana

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[00:00:10] Meagen Gibson

Welcome to this interview. I'm Meagen Gibson, co-host of the Trauma Super Conference.

Today I'm speaking with Sheleana Aiyana, an international best-selling author of *Becoming The One* and founder of Rising Woman, a growing community of more than 3 million readers. Her training and immersion is in couples facilitation, inherited family trauma, family systems, and conscious relationship. Sheleana Aiyana, thank you so much for being with us today.

Sheleana Aiyana

Thanks for having me. It's nice to be here.

Meagen Gibson

So I would love it if you could start by telling us a little bit about your personal history and what led you down a path of exploring your own trauma healing.

Sheleana Aiyana

Yeah, well, there's so many places that I could start, but obviously most of us, our family origin story is the most relevant when it comes to trauma and to our relationship pattern. So I'll start there. I was born to a very young, alcoholic mom who, really, had a lot of trauma herself. We're talking about severe debilitating trauma that created brain damage and delayed development. So really she didn't have any sort of context as to what it meant to mother, to nurture, to take care as an adult.

So I essentially grew up with a really fun friend who didn't know how to be consistent or to show up as an adult in my life. So I was in and out of foster homes quite young, early on in my life. I experienced a lot of chaos and unpredictable behavior from the adults in my life and also experimented a lot with different substances, experienced addiction, moved out on my own when I was just 16 years old after being in the system as ward of the government, which is when the government sort of takes over custody because you don't have fit parents.

And so I really did get this very well rounded experience of being a rogue street kid, you could say. So I really didn't have any sort of compass for what it meant to be vulnerable, or what it meant to

love openly or have trust in a relationship or to speak honestly about my feelings. I was very guarded. I struggled a lot with abuse in my earliest relationships as a result of that, one relationship in particular, which I'm lucky to have survived, which was very violent.

[00:02:41]

And I just really went through a lot of dark periods where I was struggling with the loss of self, but also the loss of nurturing love, that love that I never really had in my life. So I had a lot of somatic stuff that would come through from that. A lot of stomach migraines, chronic pain, migraines since I was really little, I'm talking like six, seven years old, and I was having migraines. And so my body really had a way of manifesting that trauma outwardly in the physical form.

And as I got older and my relationship patterns kept sabotaging my life, I slowly realized that it was time to make a difference, to make a change. And when I was in my early twenties, I went through a divorce. And at that time, everything came crashing down. I lost everything, my money, my business. My beloved cat ran away. My partner left me for somebody else. I gained like 30 or 40 pounds in a month just from the trauma being brought up in my system.

All my hormones shut down. It was very intense. And at that moment, I started having these flashbacks from when I was really little, from the first time I was dropped off at a foster home when I was three. And I got this voice that came through that said, hey, this isn't about this person, this isn't about him at all. This is actually about you and your unfinished business. And so I embarked on the healing journey from that point forward. And I began to do a lot of shadow work, a lot of mother wound work, a lot of father wound work.

I explored with all sorts of modalities, which we can talk about more if you'd like, but ultimately it was this shattering of my entire life where I had nothing left to grasp on to that led me to take a deeper look at why was this really happening and what did this represent for me? And now I'm here. And so I'm so grateful for all of those things that happened, but it's often that way, it's not easy, there's something big that happens in our lives to catalyze these moments.

Meagen Gibson

Yeah, it's so interesting to me, too, that so many people live in these kinds of perpetual cycles in family systems. And we don't quite know what or how a person, an individual in a family system, a lot of the people that are attending this conference, I think, would probably count themselves as the person that's often been ostracized from their family because their family doesn't understand why they're trying to change, or what it makes them feel about themselves, because they're trying to break the legacy in the cycle of not doing that healing work.

And I was really struck when I was reading your book about how much compassion you spoke about everybody that had been in your life and all of the situations, especially your mother, just how much compassion you had for her and her experiences and her own trauma. And I'm sure that that wasn't a direct line, right? And that's part of a process that led you to that compassion. So I would really love to hear more about that.

But first, I know that you've talked about the survivor archetype and how it relates to trauma as a result of abandonment. And so I'd love it if you could tell us a little bit about that.

[00:06:10] Sheleana Aiyana

The survivor archetype. I feel like that's the main archetype that I have grown with. That's been the one that I've had to work with the most in my life. And for some of us it's different. Some of us, we have that opposite response which is sort of like that shut down, freeze. But I had that survival instinct, that fight instinct. It's also very similar to the warrior archetype. It's that I'm ultra independent. I don't need anybody, I've got this on my own. I'm going to keep everybody at arm's length. I'm only going to show my fire. I'm not going to let people see my vulnerability.

And it really comes as a result of never having had anybody that we could trust or not having that reliable person or having been let down or betrayed or rejected or neglected so many times that you learn that you have to do it on your own. And that you aren't safe to lean into love, that you aren't safe to ask for help or to show that you need it. And that was certainly my story. And even when I look back at my early childhood, there weren't a lot of signs that it was okay for me to depend on.

And of course, because I grew up with a mom who cognitively didn't have the same level of understanding of what it meant to parent or to be an adult, there was a lot of things that I was shamed for or blamed for when realistically I could never have known because I was two or three.

But we develop these responses based on our environment and our conditioning. And a lot of us end up walking around the world feeling like we have to do it all on our own. And the interesting thing about that is I noticed that today we have sky high instances of burnout, fatigue, hormonal imbalances, acne, just all of these things that really are the result of mega stress on the body.

And it's a bit of a shutdown of the body when we have to keep going and the nervous system is just on fire all the time. And that was certainly something that I experienced and healed. But it's so much more prevalent, I think, than we even realize in our society today because we've been trained to be survivors, to fight constantly instead of to let ourselves rest and to really be with ourselves through things. We've been taught to not even process them, really, to just move through the fire and not look back.

Meagen Gibson

Absolutely. I think a lot of people can relate to that because so much is asked of us, especially in a capitalistic society. There's a usefulness to compartmentalization to get through a day. But when that compartmentalization adds up over days and weeks and months and years and we're not dealing with the things that compound and have such a huge impact, like you just described, on our body systems and nervous systems and mental health and emotional health and all of it.

Sheleana Aiyana

Yeah, it's really hard when we're constantly told that if we are grieving that we're depressed. Or that if we're taking time to be with our emotions that we're somehow weak or lazy. And even though that narrative is certainly improving, I know I see it all around us, it's changing rapidly and that's wonderful. And I think still it's ingrained in us even if nobody's saying it, we're feeling that. There's that self judgment, too, that we have to work with to sort of step out of that narrative.

[00:09:46] Meagen Gibson

I'm glad you mentioned that, because you were talking about abandonment earlier and the mother wound stuff. And I'm reminded of Kelly McDaniel, another expert that I've interviewed here, and she has a book called *Mother Hunger*. And she always says it so well, and she says, when you're growing up, if your caregiver hurts you, you can't hate them. You're wired not to hate them. So all you have left is to hate yourself.

And when we're talking about abandonment, tell me about what you know about self abandonment, because even when you're out of your family system, when you've been neglected or not cared for in the way that you deserved, once you're out of that, you're an adult tiny person, you're still abandoning yourself with that kind of self system, right?

Sheleana Aiyana

Absolutely. And that's the unconscious side effect of having abandonment wound, is that we then self abandon because we have learned to have these maladaptations in order to get the love that we need or to get the warmth that we are craving that we didn't get. And so what do we do is we contort, we bend, we change, we shift, we mask, we do whatever we need to do to get the love.

And ultimately, that doesn't get us the love because we're not in authentic relationship, because we're not in authentic relationship with who we are. And so I see this a lot and I did this a lot myself when I was working through my own wounds and abandonment stuff is how can I come home to myself here? How can I really be true to who I am and to actually show the tenderness inside? How can I show when I'm actually hurt or when I actually need help or when I'm afraid?

Or, even joy is something that people who have a tendency to self abandon, they may not feel at home in their joy, all expression might be limited in some way. And so we might just sort of try to fit in with whatever the narrative is in the group that we're in. Or we might try to be who we think the person that we're interested in wants us to be. We might even do this in our family systems, within our marriages.

And we see this a lot with people who, they self abandoned for their whole marriage, let's say it's 20 years and they are not being honest. They're holding on to all sorts of resentments and then one day they just blow up their marriage and they leave. And the other person's like I had no idea that there was anything going on because that person never brought anything authentic to the table. They were constantly selling themselves out and as a result, it imploded the whole relationship because it was never real. And so that's how important it is to be honest with ourselves and with others.

Meagen Gibson

Yeah, absolutely. And you mentioned such a good point about joy and I've often said that for me, personally, and I think my deepest wish for everybody else is that the reason I do trauma work and the reason that I want everybody to do trauma work is so that they have access to all of those C words and joys like curiosity and creativity and all of those things.

But the thing that I often overlook and forget is that in that process, the discomfort that can come at first when you're allowing yourself to feel curious and to feel joy and when that starts coming in and you haven't been able to trust it or trust that it would last or trust that it would not turn on a

dime or be taken away, there's a discomfort you've got to become comfortable with in that process, too. Right?

[00:13:26] Sheleana Aiyana

Absolutely. Which is funny because people will be like, well why would I be afraid to feel joy or why would I be afraid to feel happy? It's not something that anybody consciously is aware of. We don't know that we're afraid to be successful. We don't know that we're afraid to feel joy. But for some reason, somewhere along the way, we learned that our expression wasn't safe or wasn't welcome and so we learned to put that to the side or to sweep it under the rug. And that's kind of what we're working with when we're undoing trauma.

Meagen Gibson

Absolutely. And it reminds me, I'm going to bring up the thing we talked about earlier, but it reminds me about how you can have a situation, a misunderstanding in relationship, and it brings up all that kind of historical stuff that you're not aware of, that you're carrying with you and all those reactions and all those ways in which you didn't have your needs met.

And it reminds me of the Nespresso story from your book when we were talking about things like, and I can imagine from your childhood, I don't think you mentioned this specifically, but holidays were probably a little bit unpredictable and gift giving and things like that and birthday recognition, and you were talking about your, I think, now husband was talking about birthday gifts and coffee and he said, well whatever you do, don't give me a Nespresso machine.

And then you got a Nespresso machine and you guys had a hard conversation because it's like what is a simple misunderstanding, and from the outside looking in without context could seem entitled or ungrateful or all of these outside judgments, was really such a much more deeply hurtful experience for you. And if you want to... I'm explaining your own experience to you, but if you want to say just a little bit about that.

Sheleana Aiyana

Yeah, it's one of the funniest stories that we have in our marriage. And we laugh about it now, but it was really intense at that moment. But that's the reason that I wrote that story because I think so many of us can relate to this. And it was really funny. I remember saying I would like a Nespresso machine. And I showed him, I think it was like a Breville or something. And he said, what about a Nespresso? And I said, don't ever get me one of those. I hate them. And we just moved on.

And then Christmas rolled around and I just had this weird feeling that I wanted to open gifts, just us. And he was like, no, I really want my parents to be here. And I was like, okay, but can we just do it on our own? So anyways, of course they ended up coming over and I had to open my present in front of them. And he puts this big box on the table and I open it, I rip back the paper and I look and it says Nespresso. And I'm thinking, he's got to be punking me. Like there's no way, he's just put it in this box.

And then I slowly realized, no, this is a Nespresso. And then the funniest part is that I look behind me and there's all these bumps and there's this big blanket over top. He pulls the blanket off and there's just like 1000 Nespresso pods. And he's so excited. And I'm like, oh my gosh, what is going

on? And he and his dad go off into the kitchen to put the thing together and I just kind of have to walk out and I'm thinking I look like such a jerk right now because I haven't shown any gratitude.

[00:16:39]

But I'm feeling totally unseen and unheard because I literally said I hate those things. Don't get me them. And then you got me the exact thing and we ended up having a fight that night and I was really upset. I was very triggered. We had had a few instances like this. This isn't the first offense. This was like the fourth time something just like this had happened. Obviously, we were trying to work through something and so in the moment, I was beside myself feeling like he just didn't hear me, didn't listen, didn't see me.

And as we worked through it, it really came to surface that no, this was actually my own childhood projection coming through. I didn't feel seen, I didn't feel heard, I didn't feel recognized. And in that it's very painful when that happens now. And so of course if you fast forward many years later, now if that were to happen I would just laugh and be like okay, well, no, I don't want that thing, but thanks anyways. That was really sweet of you. But back when that happened, I hadn't fully healed that wound yet.

And so that's a really good example of how even when these unfortunate things happen in relationship, if you have two people who are willing to dive in together, these moments could actually be transformative. They can be really healing because they bring to light the things that we have not yet healed or the wounds that need tending. And that's the gift of being in conscious relationship, is that we can meet those tender parts with grace rather than just continue to repeat the cycle.

Meagen Gibson

Absolutely. I mean, I've had these incidents with my own partner where, now I'm finally able to say in the moment, like, I'm not here, something's coming up, I don't want to talk through it right now, we can talk through it later. Because what was happening was that we were dissecting these moments of like, well, you said this, but you said this and this was your tone. And it was never about that.

It was about how he would get upset because I didn't trust the intention of what he said and then I would get upset because his intentions didn't matter. His tone made me afraid because of all the historical data I've got that says when somebody uses this tone or makes this face or whatever this small thing is that he's unconscious of, that means I'm in danger, right? I might get hurt. All of these other terrible things are going to happen.

Now, none of that's true, but it makes sense when our history tells us, hey, wait a minute, something's going on here that makes me feel unsafe. And so if you're unable to identify that, like you just said, it's just a recipe for creating these patterns and these circular relationship cycles that never end if we can ever get off of that loop, right?

Sheleana Aiyana

And it's going to happen no matter where you're at in your relationship and how evolved you are, how much healing you've done, it just looks different. Like you said, you're finally able to say, like, I'm not here right now, I need a minute. And that's really all the difference is between healing and

not having done any healing, is just having the awareness in that moment like, okay, I'm feeling something, this is touching on something. And so I can decipher between the story and reality. That's the big difference.

[00:19:53] Meagen Gibson

What a great summary of what conscious relationship is. You're absolutely right. I need a minute. Because I think people expect that conscious relationship is just two harmonious people that never have any disagreements and never speak unfairly to one another and never have any misunderstandings. And I just don't think that's the case, is it?

Sheleana Aiyana

It's so not. And it's really funny because Ben and I don't post all the time about our relationship, but every once in a while, I'll share a story. I do share stories in my book because that's a lot of the work that we've done together. But some of our friends who live here on the land with us, they'll bump into somebody who has seen them on Instagram that they know us, and they're like Ben and Shey, I have them on my vision board, they're my relationship goals, divine relationship.

And I've met people who are like, yeah, I have a photo of you and Ben on my wall in my bedroom. And while I'm like, wow, that's so beautiful, and it's such an honor, I also hope you know that we're not that sunshine and rainbows couple that's like, meditating all day and bowing to each other in this divine union. We're not that. We are two very strong willed, fiery people who really love each other and put in the work and know how to just breathe through things instead of making everything a fight.

And that's really the difference, is being able to be sovereign in your reactions instead of constantly bouncing off of each other in your nervous systems where one person says something and then you have to retaliate. It's like, okay, if this person is feeling stressed or anxious and they're giving me attitude in this moment, can I just breathe and be gentle with them for a moment and be their grounding, or am I going to react and start to poke them?

And that's where a lot of couples fall off as they start to bounce off of each other. So I do try to remind people, like, hey, every relationship has its stuff. There's no such thing as a perfect relationship. It's really just you have two people who love each other, who want to be there and who are willing to do the work, to be responsible for themselves, and to also be gentle with you along the way.

Meagen Gibson

Absolutely. And I know often it's our romantic relationships where this comes up the most and where we are first alerted that we need to do some work and that there's a growth potential there. But I know for me, when I became a mother, there was a whole new level of revealing of a deepening of work, some crevices I hadn't quite gotten into yet.

And I'm just curious, I know you're a very new mom, but what has your experience around that been and if it's illuminated any opportunities for you around work that you want to do in the future?

[00:22:54] Sheleana Aiyana

Yeah, that's a great question. I feel like I'm in the honeymoon phase right now because she's just four months old and I'm just obsessed with her and spend all of my time just with her, just in love. But it has highlighted things for me, not in relation to her, but in relation to how I am with my husband, for sure. I've been much more short fused with him, much more critical, much more anxious in general.

And of course, some of that is just sleep related, when you're not sleeping a lot, and even though she's sleeping, for some reason, when you become a mom, it's like your job to watch your family sleep. But yeah, it has been interesting for me to also just give myself grace in that period. So I've had to apologize a lot, actually, in the last four months to my husband. I'm, like, really sorry. I don't feel like I'm being my best self with you right now.

And it's almost as though because I'm giving all of my love and energy to her and I'm so focused on creating secure attachment, that it's like any frustration that I might have about how things are going will just get dumped onto him. And so I have to be really careful to apologize if I'm doing that or catch it in the moment, but it's definitely not easy. I can see how they say a lot of divorces happen in the first two years of a child being born.

Because if you don't have a solid foundation and communication practices and tools for repairing, then you can really create a dumpster fire in those first couple of years because it's very stressful and you don't have a lot of time for each other. But yeah, it's just been really interesting to watch myself shift and change in this and really feel the priorities shifting and just to be so graceful with myself as I navigate this letting go process, which is what it feels like being a mom is, all about letting go. And I'm like, I don't want to let go. I want to hold on. So I'm working through that.

Meagen Gibson

I really appreciate you sharing all of that and, admitting feels like the wrong word, but just sharing it because it would be really easy to say a lot of other things and kind of brush over the difficult parts. And it is hard. Even if it goes perfectly, babies don't sleep. It's hard. And those, even though they're fantastic moments, that is stress. A loss of sleep is stress. And having to eat... When you're not necessarily... You're like, I'm hungry, I can't eat yet, though, because I have to prioritize someone else's needs. All of these things add up, and it can be very hard. So I really appreciate it.

And you also mentioned something I want to come back to, which is just the notion of repair. And I feel like for me, in my learning journey, that's been the biggest difference I've made in my life and in all of my relationships, is just the notion of repair. Because we can assume, like I said earlier, that somebody else out there, some expert, has everything figured out and is healed, and never hurts anyone and never has to say they're sorry.

Especially if we never really got it growing up, if we were hurt by our caregivers, just didn't get enough caretaking, and then also didn't have repair modeled when that happened and when relationships suffered or hurt or when we mismatched needs, things like that, then it can leave... That's a void in and of itself, that repair work, right? So I'd love it if you talked a little bit about that.

[00:26:26] Sheleana Aiyana

Yeah, I feel like repair work is the most important key to all relationship. Can we own when we've said something that hurt another person? Can we take responsibility when our tone was off? Can we say, I'm sorry when things came out wrong or we were short fused? And that's always going to happen. It doesn't matter who you are. Nobody's perfect. We all have human moments, right? And especially when we're going through big changes, if we're moving house or if we've got a new job, or you've got a new pet, or you've got a child.

All of these new things that introduced into a family system create some sort of disruption or change, and we have to navigate new waters together. And that will inevitably bring out some of our parts that are a little bit more nasty. That's just how it is. And being able to witness ourselves in those moments and say, okay, that wasn't my best self, and really honor that by bringing it to our partner and saying, hey, that's not how I want to be with you. I love you. I just want to say I'm sorry for how that came out.

What I really meant to say is... Or do you want to say anything to me about that? Do you want to talk about it? It's these little moments where we can just take time to clear the resentment. My husband and I, we have a couple's course, and we take people through what's called a clearing, where you just sit in front of each other and you each have a few minutes uninterrupted. No asking questions, no injecting anything that you think or feel. You just listen.

And the partner has free rein to just share what's coming up for them, and then you respond. But you're not just responding to everything that they said. You're also just sharing from your heart, and you have this time to work through whatever is coming up. And I think it's so important that couples schedule time to do that, even if it's twice a month. Couples who don't have kids, maybe once a week is great to have a weekly check in.

But it's really important because the more that we hold on to resentment, the more it builds. And that kills chemistry, it kills sexual attraction, it kills our desire to even be in friendship with each other. And when we don't have those things, we erode the safety. And so hurt feelings always happen. But can we apologize? Can we hear our partner out on what hurt them so that we can really move forward? But that's the important piece to maintaining a healthy relationship.

Meagen Gibson

And I just want to re-emphasize what you said, that all of those things erode safety. And that's the thing that when people don't get quiet and they don't consider and they don't take time to share, that you're overlooking, you think it's about the fact that they can't remember to take the trash out or they got you the coffee maker you didn't want. You think it's about that, but really what it's about, the very core of it is I don't feel safe. And to be able to communicate those needs and resolve those resentments and reestablish safety is the whole thing.

Sheleana Aiyana

Yeah. And sometimes it's not about the other person at all. I know for myself right now, for the first few months, I just had this tiny little precious life that I was just so afraid of losing. And I think all new moms can relate to that. When you have a baby, your worst fear is them not surviving. And so you're just entirely focused on that. And so in that, it's like anything coming into your bubble is a threat. And even unfortunately, sometimes that means your other parent.

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And so there's been a lot of times where it's just my own fear getting in the way and I have to really own that. And I just come to him and say, look, I'm really sorry that I was being like that with you. I'm just really scared right now and I'm working on it and that's just where I'm at. And he'd be like, okay, I understand that you're afraid or you're scared. And just in that, too, there's this grace in repair where we can sometimes just let our partner off the hook because we understand that things aren't perfect right now and that there are valid fears coming up that maybe we don't understand and that we don't have to hold on to every little thing.

Meagen Gibson

It's a beautiful point. And that's what happens when you are brave enough to get vulnerable and say there's something going on here that's really deep and it's not all about you. It loosens something up in your partner as well, where they don't feel completely responsible for the whole of the discomfort. They might have some responsibility, they probably have a little bit. But if most of it's about you, then it gives them permission to just care for you instead of feeling responsible.

Sheleana Aiyana

Yeah, exactly. Because when we're feeling attacked, we can't be compassionate. And that's the thing that a lot of couples get stuck in, is they want their partner to take responsibility. But the way that they go about getting that responsibility makes it impossible for them to take responsibility because they're feeling attacked or they're backed into a corner.

And any human being, just like any animal, that's backed into a corner is going to get their claws out, you know, and so it's also about learning how to approach these conversations with gentleness and I think that's a big piece of being trauma informed in general, isn't it? Is just knowing how to bring gentleness and compassion to the conversations that we have.

Meagen Gibson

And we've been talking a lot about relationships where you're actively involved with the other person but one of the wonderful, beautiful points of your book that I want you to talk about is how the work of forgiveness does not necessarily have to involve the person that you're trying to forgive at all.

Sheleana Aiyana

Yeah, it doesn't. And I talk about that in my book with my mom and with other people as well. Especially with family members who you still want to have a relationship with them. And so you might think that you need to do this work with them. But the reality is, unless they've raised their hand and said, hey, I'm super interested in doing healing work, I want to dredge up things from our past together, and I want to talk about this, then chances are, A, they're not going to understand when you bring it to them, and B, they're going to feel defensive.

And let's face it, being a parent is a hard job no matter what. And so there are a lot of guardrails in place to protect our minds from feeling guilt and shame. And one of those is denial. And I think a lot of people experience that with their parents. A lot of denial happens like, well, that never

happened. I actually experienced once where my mum denied that I ever lived in foster homes. I stopped living with her when I was twelve so I was like that's a really powerful denial mechanism.

[00:33:10]

But I understood it because, of course, even now as a mom I'm like wow, I just want to do everything so right. And it must be so heartbreaking when you can't, when you know you can't. And so doing our healing work and doing forgiveness work doesn't have to involve that other person. We can work on that in our own container with a therapist or with a guide or even just through journaling, through reading books, doing conferences like this.

And different meditations. There's a meditation in my book that's like a letter ritual where we write letters to our parents. We don't actually give them the letter. And this can be really healing for us to get it all out and work through some of those feelings of anger and sadness and resentment while also letting them be who they are and accepting them for who they are and knowing that the relationship can change when you change.

And you don't necessarily need them to say or be or do anything different. You just need to change how you show up. And of course this doesn't always apply. There's so many different nuances to this but what I have found is that the more at home in myself I have become, the more clear in my boundaries that I've become. And the more accepting and compassionate I've become, the better my relationship has gotten.

Sometimes you even get to that place where you've done so much forgiveness work that that person can feel how safe they are with you now, that they're actually willing to own their part and they feel safer to actually talk about it. But that could take years or it could take a lifetime. And we don't always get a guarantee that that person is going to be able to take responsibility or apologize.

And so we can't hold ourselves in exile forever, holding on to these resentments. How do we work through those so that we can be free? And also just realize that other people have their own journey. It's not always about us. To me, that's what true forgiveness is. It's about freeing ourselves from giving a person free rent in our minds for the rest of our lives.

Because every time we hold on to resentment or anger or pain, what's happening is we're actually growing that energy inside of our bodies, inside of our nervous systems, in our minds, and it's not actually helping anyone to hold them in that. It's hurting us the most.

Meagen Gibson

Absolutely. I literally have nothing to say, so well said. I definitely want to make sure that people know how they can learn more about you and your work.

Sheleana Aiyana

Instagram is a great place to follow my baby photos. On my personal Instagram, [Sheleana Aiyana](#) is a great place to follow what I'm doing personally. And then on my feed, I do post a lot of writing, but on [Rising Woman](#) is where you'll see just all of the relationship content, all of the posts that we put out on just exactly the stuff that we're talking about today. My website is sheleanaaiyana.com and risingwoman.com.

[00:36:21]

And I have a [YouTube channel](#) as well. And on that YouTube channel there's a playlist with all of the interviews that I've done, so you can go and binge on those if you like. And of course, my book, which is available in stores and on Amazon, it's called *Becoming The One*. And I'm really grateful and honored that you took the time to read my book before we did this. That's really special.

Meagen Gibson

I delighted in it. I definitely wanted to make sure I was able to share your work with our audience. I think they'll get a lot from it. Sheleana Aiyana, thank you so much for being with us today.

Sheleana Aiyana

Thank you so much. This was a great conversation.